



Barbequed Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

60 min.

SERVINGS

servings

7

CALORIES

calories

143 kcal

SIDE DISH

Ingredients



7 servings barbeque sauce



0.5 bell pepper chopped



1 celery stick chopped



1 pinch curry



4 cloves garlic fresh chopped



2 tablespoons olive oil



0.5 onion red chopped



7 servings salt

- ☐ 2 packages spicy tofu diced firm
- ☐ 0.5 onion white chopped

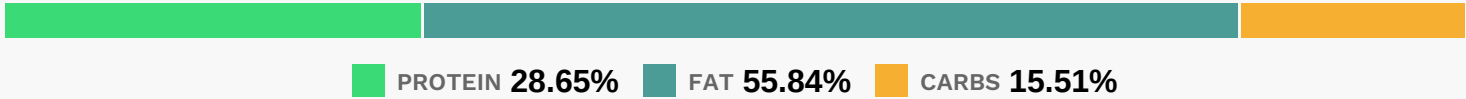
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to medium.
- ☐ Heat up a pan over the grill and add olive oil. In pan, combine the garlic, onions, bell pepper and celery.
- ☐ Add salt and a pinch of curry.
- ☐ Add tofu to the saucepan and cook for 12 minutes.
- ☐ Add barbecue sauce to tofu, cover the grill and let the tofu simmer for 15 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:3.266086915265%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 143.47kcal (7.17%), Fat: 9.04g (13.91%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 210.48mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Vitamin C: 12.62mg (15.29%), Calcium: 149.79mg (14.98%), Iron: 1.53mg (8.48%), Fiber: 1.45g (5.8%), Vitamin A: 272.82IU (5.46%), Vitamin E: 0.76mg (5.04%), Vitamin B6: 0.07mg (3.38%), Manganese: 0.07mg (3.35%), Vitamin K: 3.24µg (3.09%), Folate: 7.39µg (1.85%), Potassium: 53.84mg (1.54%), Vitamin B1: 0.02mg (1.06%), Phosphorus: 10.23mg (1.02%)